

First Aid for Mental Health

FULLY ACCREDITED COURSES



Why does Mental health matter?

Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps to determine how we handle stress, relate to others, and make choices.

Key Statistics

- 1 in 4 people will experience a mental health problem each year
- 1 in 5 people have suicidal thoughts
- 1 in 14 people self-harm
- 1 in 15 people attempt suicide

Impact on business

Mental health in the workplace is a growing concern and has a more serious impact on the performance, endurance and culture of the organisation than it was previously recognised. Here are a few key statistics:

- 1 in 6 employees experience mental health problems in the workplace
- £45 Billion - cost of poor mental health to UK employers each year
- 15.5 million of working days lost due to work-related stress, depression and anxiety (that's over 42 000 years of productivity lost each year)
- £8.6 Billion - annual cost of mental health related turnover
- 58% - loss in productivity due to poor mental health



What is First Aid for Mental Health?

First aid for mental health is the initial support provided to a person experiencing a mental health problem until professional help is received or until the crisis is resolved.

The aims of First Aid for Mental Health:

- Preserve life where a person could be a danger to themselves or others
- Alleviate suffering by providing immediate comfort and support
- Prevent the condition from developing into a more serious problem
- Promote recovery of good mental health by signposting and obtaining professional support

What are the benefits to the business?

Training a team of First Aiders helps to proactively engage in supporting your employees that might be dealing with mental ill health. It also helps to battle the stigma and discrimination through education and better understanding of the subject.

The impact of positive mental health culture:

- Increased awareness of mental health
- Employees more likely to disclose their problems
- Improved relationships among peers (and better culture)
- Improved productivity, teamwork and staff morale
- Better decision making and employee involvement
- Attracting new job talent
- Enhanced business reputation
- Reduced absence and staff turnover
- Reduced business cost

Every £1 spend on proactive workplace well-being intervention generates a return of £5.

What is the role of First Aider?

Training a team of First Aiders helps to proactively engage in supporting your employees that might be dealing with mental ill health. It also helps to battle the stigma and discrimination through education and better understanding of the subject.

Roles and responsibilities of First Aider for Mental Health:

- The main point of contact for anyone who is going through some form of mental health problem
- Identifying the early signs and symptoms of mental ill health
- Start supportive conversation with people experiencing a mental health problem
- Listen non-judgementally and provide reassurance
- Assess the risk of self-harm and suicide
- To signpost and encourage professional support
- Reduce the stigma attached to mental health and promote awareness
- Summon for the appropriate emergency services if necessary
- To maintain confidentiality and provide an ongoing supportive working environment



Course details

These fully accredited courses are designed to educate First Aiders and equip them with the skills to recognise signs and symptoms of most common mental health conditions, and provide initial support. You will learn about the C.A.R.E. model which helps to recognise if someone is at risk of self-harm or suicide, and provides a framework to start a non-judgmental conversation with a person going through crisis. These courses will also provide information and guidance on how to create a positive mental health culture in the workplace.

One day Course

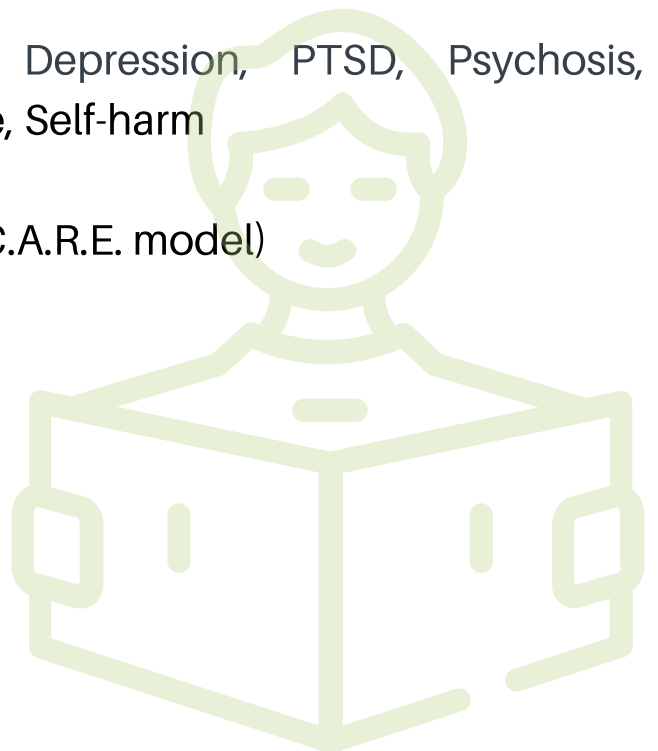
FAA Level 2 Award in First Aid for Mental Health

This one day accredited course will provide First Aiders with the knowledge to recognise a range of mental health conditions and teach them how to start a supportive conversation. They will also learn when and how to signpost a person to seek appropriate professional help.

During this course First Aiders will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.

Subjects Covered:

- What is First Aid for Mental Health?
- Identifying Mental Health conditions
- Providing advice and starting a conversation
- Recognising and managing stress
- Mental Health conditions: Anxiety, Depression, PTSD, Psychosis, Schizophrenia, Eating disorders, Suicide, Self-harm
- Drugs and alcohol
- First Aid action plan for Mental Health (C.A.R.E. model)
- Mental Health at the workplace
- 5 steps to mental wellbeing
- Final assessment



Two day Course

FAA Level 3 Award in Supervising First Aid for Mental Health

This two day course is a comprehensive learning experience that provides First Aiders with in-depth knowledge of most common Mental Health conditions. A separate module is allocated to each condition and consists of a description, signs and symptoms, risk factors, available professional help and specific steps that First Aider can take to offer support.

During this course First Aiders will learn how to provide advice and practical support for a person with mental ill health and personality disorders.

Subjects Covered:

- What is First Aid for Mental Health?
- Identifying Mental Health conditions
- Providing advice and starting a conversation
- Recognising and managing stress
- Drugs and alcohol
- First Aid action plan for Mental Health
- Mental Health in the workplace
- Depression
- Anxiety
- Post-traumatic stress disorder
- Self-harm
- Suicide
- Eating disorders
- Personality disorders
- Bipolar disorders
- Psychosis
- Schizophrenia
- Final Assessment



Assessment

The knowledge and skills that First Aiders gain during the course will be assessed through a written assessment paper and practical demonstration of the First Aid Action Plan for Mental Health for a classroom based courses.

Assessments for online courses are conducted on 1 to 1 basis with the assessor in the form of professional discussion and practical demonstration of the application of the First Aid Action Plan for Mental Health.

Successful demonstration of the knowledge and skills needed will be awarded with the nationally regulated qualification:

One day course - FAA Level 2 Award in First Aid for Mental Health (RQF) or the Award in First Aid for Mental Health at SCQF Level 5 (in Scotland).

Two day course - FAA Level 3 Award in Supervising First Aid for Mental Health (RQF) or the Award in Leading First Aid for Mental Health at SCQF Level 6 (in Scotland).

The qualification is valid for three years from the date of achievement. First Aiders will need to complete the full course again to requalify for a further three years.

It is strongly recommended that First Aiders attends annual refresher training.



Accreditation

Certification is awarded by First Aid Awards (FAA).

These qualifications are nationally recognised and regulated by The Office of Qualifications and Examinations Regulation (Ofqual) and The Scottish Qualifications Authority (SQA).

The qualifications are listed on the Regulated Qualifications Framework (RQF) and The Scottish Qualifications Authority (SCQF).

Pricing

One day course (FAA level 2) - £150 per person

Two day course (FAA Level 3) - £200 per person

Minimum of 6 people per course. A maximum of 16 for classroom based courses and 20 for online learning.

What is included?

- Fully qualified instructor with lived experience and extensive knowledge of Mental Health
- All course materials and assessment incl. First Aid for Mental Health manual
- 1 to 1 assessment for online courses
- Ofqual or SQA (Scotland) accredited qualification (subject to assessment)
- Registration and qualification certificate fees
- E-certificate and high quality printed certificate
- Mental Health C.A.R.E. Cards

About me

My journey with mental health started with a personal struggle. For 8 years I have suffered from severe anxiety and panic attacks. This drove me to substance abuse, periods of depression, almost complete self-destruction and being close to suicide.

Following my recovery I have become a qualified Life coach and later on decided that I wanted to focus on educating people about mental health.

I have experience in facilitating workshops, training courses and delivering talks for small, and medium businesses as well as corporations.

During the last few years I have also organised and delivered a number of my own, open courses and workshops.

Please contact me to discuss how I could support you in educating a team of First Aiders for Mental health.

CONTACT

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